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Black Seed oil boosts immunity system against COVID-19

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No cure or vaccine has yet been found for the COVID-19 virus, which is increasing the number of infected people every day, raising the number of deaths nationally and threatening the population for the second time.

Thus, following the recommended health habits and boosting up our immune system are the best practices to avoid contracting the virus. The role of Ayurvedic medicine in controlling the corona pandemic has become a major topic of discussion today. Various herbs that have been traditionally used in the past to boost the body’s immune system, are now being used widely not only in Sri Lanka but also abroad.

In such a context, black seed oil can be mentioned as the most talked-about potent herb in controlling corona all over the world. Through a number of current scientific experiments, it has been proved that black seed oil has the potential to boost the immune system.

Three thousand years old black seed oil is currently used as a traditional medicine for various ailments, including boosting the immune system. The use of black seed oil is highly recommended in Ayurvedic and Unani medicine.

Through studies conducted by several recognized universities around the world, it’s proven that Thymoquinone, the main pharmacologically active ingredient in black seed, supports to enhance the body’s immune system. This substance increases the number of white blood cells in the blood and its vigour and destroys toxins such as bacteria and viruses that enter the body. Thus, it can be said that fennel oil has great potential to fight against viruses such as COVID 19.

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